



Big Five O-Week

Graskop, South Africa



29th December 2019 – 3rd January 2020

Bulletin 3

Welcome

The Big 5 O-Week committee would like to welcome you to the fifth edition of the Big Five O-Week. This year we have a new venue, the town of Graskop, an old historical trade post and gold mining village famous for its picturesque mountains and forested landscapes. Graskop, located at an altitude of 1400m above sea level, is located on the touristic 'Panorama Route' that follows the Drakensberg Escarpment. The town is only 45 minutes from the Phabeni Gate of the Kruger National Park. During the five day, the event will also host two World Ranking Events for the Elite categories.

The organising committee continues to make improvements to the Big 5 O-Week every year and we would definitely like to improve on it again in the future. We encourage you to give us your feedback after the race, both positive and negative on how we can make the Big 5 a better event in two years time.

In the meantime, enjoy the Big 5 in 2019 / 2020!

The Big 5 Organising Committee

Total Number of Countries / Competitors / Classes

By Country					
AUS	3	HUN	1	SWE	27
AUT	1	IRL	2		
BRA	1	JAP	1		
CZE	5	LAT	5		
DEN	7	NED	1		
ESP	4	NOR	1		
FIN	22	POR	2		
FRA	9	RSA	88		
GBR	24	RUS	1		
GER	15	SUI	40		
Grand Total					260

By Class							
M21E	24	M12	4	M45	9	M70	11
W21E	17	W12	10	W45	10	W70	3
M21L	3	M16	6	M50	16	M75	4
W21L	5	W16	7	W50	5	W75	4
M21S	4	M20	10	M55	9	M80	3
W21S	9	W20	7	W55	7		
		M35	8	M60	7		
Open S	8	W35	4	W60	3		
Open M	9	M40	7	M65	9		
Open L	2	W40	8	W65	8		
Grand Total							260



Programme

Saturday 28.12.2019 – Registration and Open Training		
09:00 – 12:00	Registration and Info for Big 5	Across the road from the Graskop Information Centre, R532 Graskop
09:00 –	Open Training	Map: "Klipkraal"
15:00 – 18:00	Registration and Info for Big 5	Across the road from the Graskop Information Centre, R532 Graskop
Sunday 29.12.2019 – Day 1 : Paradise Berg, Graskop		
08:30 – 10:30	Registration and Info	Paradise Berg Event Arena
10:00 – 12:00	Starts	Map: "Paradise Berg"
18:30 for 19:00	Pub Quiz hosted by Dr. Ian Bratt (Pre-bookings only)	Lift Café, Graskop Gorge Lift Co, R533 Graskop
Monday 30.12.2019 – Day 2 : Waterval – North		
09:00 – 10:30	Registration and Info	Waterval Event Arena
10:00 – 12:00	Starts	Map: "Waterval - North"
Tuesday 31.12.2019 – Day 3 : Waterval – South		
09:00 – 10:30	Registration and Info	Waterval Event Arena
10:00 – 12:00	Starts	Map: "Waterval - South"
18:30 for 19:00	New Year's Eve Party (Pre-bookings only)	Silver Spoon Diner, Louis Trichardt Ave, Graskop
Wednesday 01.01.2020 – Rest Day		
08:00 –	Jock Trail Parkrun	Jock Trail Parkrun, Graskop
Thursday 02.01.2020 – Day 4 : London Plantation		
09:00 – 10:30	Registration and Info	London Plantation Event Arena
10:00 – 12:00	Starts	Map: "London Plantation"
18:30 for 19:00	Final Dinner (Pre-bookings only)	Lift Café, Graskop Gorge Lift Co, R533 Graskop
Friday 03.01.2020 – Day 5 : Kruger Park Lodge, Hazyview		
07:30 – 09:00	Registration and Info	Kruger Park Lodge Event Arena
08:30 – 10:30	Starts	Map: "Kruger Park Lodge"
11:30 –	Prize Giving for the Big 5 O-Week	Kruger Park Lodge Event Arena

Event Centre & Registration Venue

The picturesque mountain village of **Graskop**, about 90 km north of the city of Nelspruit and 30 km north-east of the town of Sabie is the centre of the Big 5 O-Week. It is approximately a 4.5 hrs drive from Johannesburg. Registration will be open on Saturday 28 December 2019 across the road from the Graskop Information Centre, R532 Graskop. Registration will also take place at the **event arenas** prior to each day's competition.

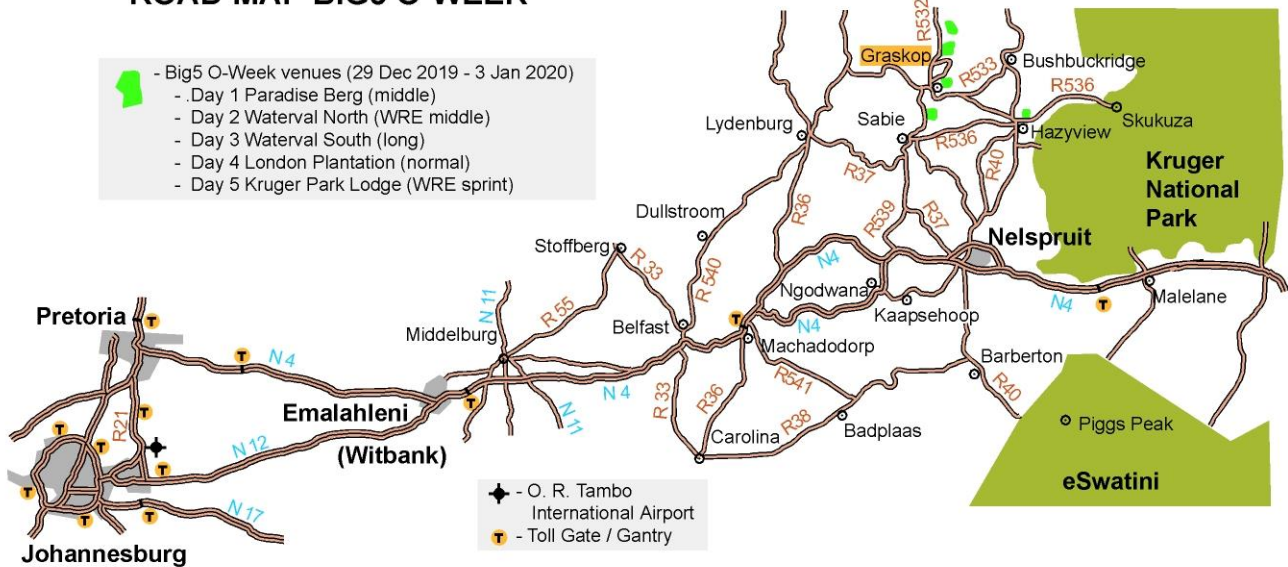
GPS Co-ordinates for the registration venue:

24°56'01.9" S 30°50'23.4" E





ROAD MAP BIG5 O-WEEK

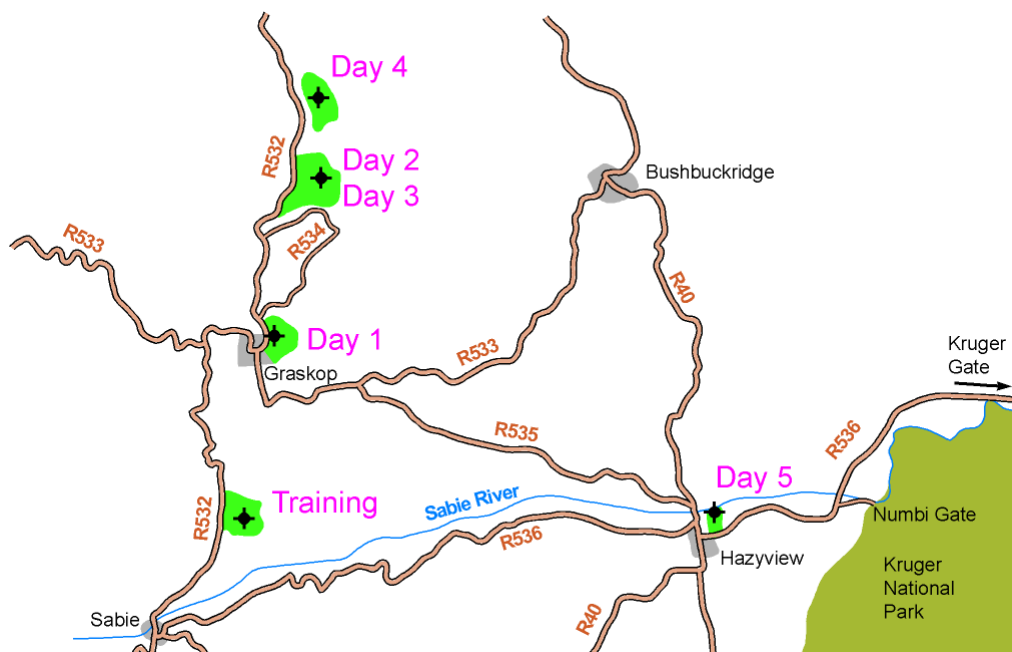


Note that there are 2 toll plazas on the N4 between Johannesburg and Nelspruit. Only local (South African) credit cards and cash are accepted. Some hire cars have automatic toll chips on the windscreen, with the hire car agency billing the driver upon return of the car. There are special e-toll lanes for cars with these chips.

Total fees for a sedan car in one direction are R155.00

Please also note that various traffic departments are very active along the N4 and in Sabie town and speed traps are common occurrence on these routes. Please obey speed limits of 120km/hr on highways and 60km/hr within Sabie town.

Graskop District Map





Registration

Upon Registration on Saturday 28 December or on the morning of the event, 5-day competitors will receive a **Registration Pack**. It will include:

- Your race number and safety pins. This must be worn on the front of your shirt at all competitions. It is water resistant. It features your name, nationality, race category and start time for each day.
- Any hired Emit cards and 5 x back-up labels to be inserted into the emit card each day.
- A Big 5 T-shirt, if entered and paid for all 5 days by the first entry deadline (1 June 2019) or if purchased.
- Pre-purchased goods such as compasses.
- Big 5 water bottle.
- Sun Pharma Nudrate (oral electrolyte replacement) drink powder.
- Any Pre-purchased tickets for the social events (Pub Quiz, New Year's Eve Dinner and Final Dinner).

Registration and Info points will also handle the following sales:

Training Maps: will be on sale at Registration on Saturday 28 December for R50 each. There will be approximately 15 controls in the terrain. The training area is located just off the R532 road between Sabie and Graskop, approximately 20 km from Graskop. The controls will stay in the terrain until 31 December.

T-shirts: Excess units of our high quality '**Technical Tees**' will be on sale at registration from Saturday 28 December whilst stocks last. The Big 5 t-shirts are available in mens and ladies styles. T-shirts cost R320.

Compasses: Compasses, balanced for the southern Africa zone, are also still available for sale at R600 while stocks last.

Social Event Tickets: A very limited number of tickets for the Final Dinner will be available for sale at Registration on a first come first serve basis. Unfortunately tickets for the Pub Quiz and New Year's Eve Party have already sold out.

On the Day Entries will be taken for the Open Short, Open Medium and Open Long courses at all registration venues. Entry fee per day is R200 including Emit hire. On-the-day entrants are not eligible for mementoes or category prizes.

Payment will only be accepted in cash (South African Rand) or credit card.

Embargoed Areas, Previous Maps

All competition areas are embargoed until the start of the event on each day. All 5 areas have never been used for Orienteering before and will make use of new maps surveyed in 2019.



Training

A training area will be open on Saturday 28 December on an area 20 km outside of Graskop (1:10'000, 5m contours). This area is a mix of terrain representative of Days 2, 3 and 4. Maps will be provided with approximately 15 control flags in the terrain and controls will stay in the terrain until 31 December. Maps can be bought from Registration for R50.

Social Events

The Big 5 O-Week prides itself on its social program, allowing interaction between orienteers from around the world. This year we have a selection of events taking place:

1) **Pub Quiz:** Sunday 29th December at the Lift Café, Graskop Gorge Lift Co

Come join us for a Pub Quiz hosted by our quiz master Dr. Ian Bratt and test your knowledge against your fellow orienteers. Make your own teams of six people. If you don't have a team we will help you find one to join. Your ticket includes a choice of main meal and participation in the pub quiz with prizes. The Pub Quiz starts at 18:30 for 19:00. A cash bar is available. Pre-booked tickets are needed.

2) **New Year's Eve Dinner:** Tuesday 30th December at Silver Spoon Diner

Enjoy a true South African Potjiekos (traditional stew cooked over the open fire) under the starry sky. There will be a choice of vegetarian, beef or game potjiekos served with rice, fresh bread and salad. This will be followed by a traditional dessert of malva pudding served with custard. The evening starts at 18:30 for 19:00. A cash bar is available. Pre-booked tickets are needed.



3) **Jock Trail parkrun:** Wednesday 1st January at Graskop

GPS Co-ordinates: (24°56'08.3" S 30°50'34.0" E)

For those parkrun fanatics, the Jock Trail parkrun will be hosting a New Year's Day parkrun. The parkrun starts at 08:00 sharp so please arrive a bit earlier for the course briefing and announcements.

parkrun organise free, weekly, 5 km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and encourage people of every ability to take part; from walkers or those taking their first steps in running to Olympians; from juniors to those with more experience; all are welcome.

If you are already registered for parkrun (anywhere in the world) please remember to bring your parkrun barcode with you. If you have never registered for parkrun before, please register at the link below, print out your barcode and bring it with you.

<https://www.parkrun.co.za/register/>



4) **Final Dinner and Viewing Lift & Gorge Walk Experience:** Thursday 2nd January at the Lift Café, Graskop Gorge Lift Co

Come and feast on an ample three course menu catered by The Lift Café as we say farewell to our fellow



competitors and reminisce on the past week. Then take a plunge down the lift into the Graskop gorge and explore the magical forest wonderland below. The Final Dinner starts at 18:30 for 19:00. A cash bar is available. Pre-booked tickets are needed.



General Information

Contacts:

Big 5 General:	Nicholas Mulder	+27 82 898 7871	nicholas@bigfive-o.co.za
Big 5 Tourism:	Ian Bratt	+27 82 887 6611	ian@bigfive-o.co.za
Big 5 Registration,			
Info & Socials:	Stephanie Mulder	+27 82 905-2588	stephanie@bigfive-o.co.za
Standby Medics:	Johan Raath	+27 71 509 3463	

Graskop Village

Graskop (Afrikaans for grassy hillock) is situated on the edge of the Drakensburg escarpment. The town started out as a gold mining camp in the 1880s and has since developed into a forestry town. Graskop is situated in the Panorama tourist region of Mpumalanga province and it is near to God's Window, Bourke's Luck Potholes, Blyde River Canyon and Three Rondawels, as well as numerous spectacular waterfalls. Graskop is the best location to view the edge of the escarpment with a steep drop of 700 metres to the Lowveld region below. Graskop is situated at an altitude of 1400 metres above sea level. It has a temperate climate with high rainfall and is often misty in summer. The town is accessible on a good tar road, the R532, either from Sabie.

Shops

There are several small shops in Graskop. These include Spar supermarket and Tops at Spar (bottle store).

Petrol / Diesel

There is a Total petrol station in Graskop with a convenience store.

Banks and ATMs

There is an ATM in Graskop outside the Spar supermarket. However, Visa and Mastercard are readily accepted in almost all establishments.



Restaurants

There are numerous restaurants in Graskop and the surrounding area:

- Canimambo Restaurant
- Divine Foods at the View
- Garden Shed Restaurant
- Graskop Hotel
- Harrie's Pancakes
- Lift Café (Graskop Gorge Lift Co)
- Silver Spoon Diner
- The Glass House
- The Gourmet Shack

Hospital

The nearest private hospital is in Nelspruit.

Nelspruit Medi-Clinic +27 13 759 0500

Medical Standby

We have a medical crew on stand by at the finish / event arena of every competition day.

Medical Standby: Johan Raath +27 71 509 3463

Parking

Please follow the directions of the parking signs on where to park on all days. For Days 2, 3 and 4 you are parallel parking alongside a forest road. Please respect right of access on this road and only park on one side as directed by the marshals. Beware of forest vehicles, which may need to pass by at any time.

Latest Information

The latest information (news board) regarding the event or other issues will be displayed next to registration / info desk on each day.

Online Results

Results will be available in the arena via a Wifi capable device (smart phone or tablet). Results will also be published on Facebook and www.OriEnter.co.za as soon as possible after each day.

Big 5 Shop and Food & Drink at Event

We will be selling excess Big 5 T-shirts at the registration area in both mens and ladies styles. Exact sizing is dependent on remaining stock. Excess compasses will also be on sale while stocks last.

There will be an outside caterer selling hamburgers, borewors rolls, salad rolls, pastries, chocolates, crisps, soft drinks and tea/coffee in the arenas on Days 1, 2, 3 and 4. Only cash payments will be accepted due to the very limited / non-existent cellphone signal in most of the arenas.



On Day 5 refreshments can be purchased from the restaurant in the Kruger Park Lodge.

Lost Property

Any lost items that have been found or misplaced will be kept at the info desk at each event.

Malaria

Graskop and Sabie regions are not in a Malaria area. Hazyview is located on the edge of the Malaria area that extends further north and east. Further precautions should not be necessary unless travelling further north or east, for example into the Kruger National Park. More information about Malaria can be found [here](http://www.santhnet.co.za). (Malaria advice for Travellers - www.santhnet.co.za)

Weather

The Big 5 takes place during high summer in a mountain environment. The average temperatures in Graskop in January are 25 °C during the day and 14 °C at night. However, the weather can change dramatically within hours and often the town experiences 4 seasons in one day. The average rainfall is very high as the town sits on the edge of the escarpment. Thunderstorms during the afternoons and night are very likely, whilst heavy mist is common in summer in the mornings. The event arenas on days 1, 2, 3 and 4 are very likely to have poor weather conditions due to their location on the escarpment. We recommend that you always be prepared for a change in weather conditions and that you expect to orienteer in the mist or rain on at least one day. Please note that **temperatures drop rapidly during a thunderstorm and cold, wet weather is very likely.**

Hazyview is at much lower altitude and conditions are likely to be hot and humid for Day 5. The average min / max temperatures are 20 °C and 31 °C.

Weather forecasts will be posted at Registration desks.

Competition Information

Scoring System and Results

The results for each day are based on the competitor's running time.

The overall results of the Big 5 event are based on points calculated from the running time of each day, using the following formulae:

$$\text{Competitors Points} = \frac{\text{Winner's Time} \times 1000}{\text{Competitor's Time}}$$

Competitor's that exceed the time limit, are disqualified or retire receive 0 points.

For the overall Big 5 result, the best 4 of 5 races will count. If a race or a category has to be annulled or cancelled, then the best 3 of 4 races will count. We only have a small pool of organizers in South Africa and some of them have forgone a run to plan or control various days of the Big 5 events. If their duties result in them only having 3 official points scores for the final results calculation, a 4th score based on the average of the original 3 will be included to allow them to stay competitive in the overall classification.

Start Lists

Start lists will be available at <http://www.OriEnter.co.za/> from the 19th of December.

Start lists will be displayed at registration as well as at the start.



Race Number

The race number must be worn clearly on the front of your shirt and may not be altered in any way. The following is printed on your race number: Name, Club, Country, Category, Emit Number. If you lose or destroy your race number, please contact the info desk at events to receive a new one.

Electronic Punching

The electronic punching system is EMIT. Emit cards can be hired from registration at R30 per day. Emit backup labels will be provided in your registration pack, one label per day. Hired Emit cards must be returned at the finish of your last competition. In the event of loss or non-return, R800 will have to be paid.

The Emit Card is used as follows:

- One minute before your start, hold your Emit card in the base block for about 3 seconds to clear all existing data.
- Ensure that your backup label is properly inserted in your card and that the plastic side of the paper label is facing outwards. Ensure that the pin mark on the base unit punches the backup label.
- At the control, place your Emit card on the base unit, ensuring that contact is made between the pin and the backup label. There will be a visible light flash on the base block, but no audible sound.
- At the finish, place your Emit card on the finish unit, which will be placed on the Finish line.
- Follow the channel or other directions to the download tent. At the tent place your Emit card on top of the download reader and keep it there until the finish official tells you to lift it.
- Receive your results / split time printout from the Finish official.

Control Descriptions

The control descriptions with the IOF symbols will be issued at the start assembly area. This will be self-service from a display board. Course 11 (M12, W12 and Open Short) will also have English descriptions available. An IOF control description symbol list will be on display at the start assembly area.

Drought / Fire Hazard

South Africa is currently experiencing a severe drought. Many parts of the country have water restrictions and the fire hazard in the forest is thus very high. Please note that smoking is forbidden in the competition terrains. Please also report any fires and fire hazards immediately to the organizers.

GPS

For the World Ranking Events (M21E and W21E classes only), IOF Foot Orienteering Competition rule 21.4 is applicable. "Competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes."

For non-WRE courses, the Big 5 has decided that competitors may wear a GPS technology watch, but that competitors may not use it as a navigational aid. We ask competitors to abide by this in the spirit of fair play and sportsmanship.



Clothing restrictions

There are no clothing restrictions for orienteering in South Africa. However, leg protection is advised for Days 2, 3 and 4. There is a low incidence of brambles on Days 1, 2 and 3 and a moderate incidence of brambles on Day 4.

Footwear

Shoes with dobb spikes are allowed during the races, except on the sprint event on Day 5 as you will be competing in an urban area. Sharp pointed spikes are forbidden on all days.

Hazards

Competitors may encounter various species of buck, jackal, baboons and cattle in the competition areas. Snakes (including venomous ones) are found in all areas but they will usually move out of a runner's way. No snake bite incidents have taken place in over 30 years of South African orienteering!

Assembly areas

Toilets, Results screen, Registration desk and space for club tents are available at all assembly areas.

Start

The route to the start will be marked with Red / White chevron tape. On all five days there is only one start location for all categories. It is the competitor's responsibility to be at the start on time. No water is provided at the start unless otherwise indicated and there are no toilets available at the start.

Map Issue and Start Procedure

The courses and control descriptions are pre-marked on the maps. Maps are made from waterproof synthetic paper that is sweat and splash proof.

The start procedure begins 3 minutes before your start time ($T - 3$) when an official will call you up from the waiting line. You will be asked to wait in the back most start block until 2 minutes before your start ($T - 2$). You can then move forward 1 block.

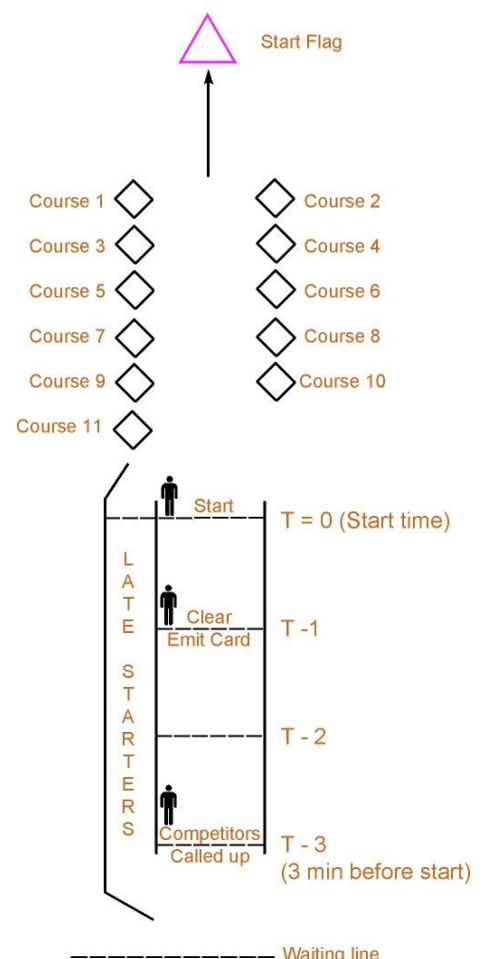
At $T-1$, you will be asked to clear your Emit card. Hold it down on the clearing unit for 5 to 10 seconds.

At your start time ($T = 0$), you can cross the start line. You can then pick up your map according to your race category from the correctly marked box. This is self-service. Please confirm that you have the correct map for your course and class.

The marked route to the start flag must be followed, which is indicated on the map by a triangle.

Controls

An example control will be located near the Registration desk at the event arena that will also serve as a test unit. If an Emit brick is faulty, the backup label will be punched by the Emit base and will prove that you visited the control.





Out of bounds areas

Out of bounds areas (either Black or Purple stripes) and Private ground or Flower beds (Olive Green) may not be entered. Crossing of uncrossable features in Sprint orienteering (e.g. uncrossable walls and fences) is also forbidden. Entering an out of bounds area or crossing these barriers will result in disqualification. All such features on the map will follow the latest IOF / ISOM2017-2 and ISSprOM2019 conventions.

Special Map symbols used in Big 5

X Rootstock / Tree stump

O Significant tree

X Man-made features (wood pile, etc.)

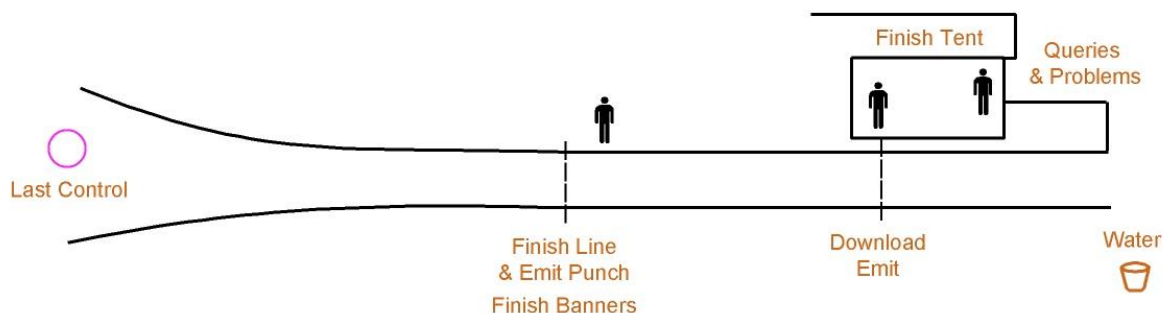
O Man-made features (light post, etc.)

Drinks in Terrain

Water points will be provided for on Days 2, 3 and 4. Water points may either be located in the terrain (marked with the 'cup' symbol on the map), or at control points (marked on the control description). All water points will be self-service and may not be permanently manned. Please dispose of cups in the plastic rubbish bags provided.

Finish

Do not forget to punch the finish control on the finish line; otherwise you will not be classified. Please move immediately away from the finish line towards the download table so as to keep the finish line clear.



Downloading

Follow the channel from the finish to the reading stations. You will receive a print out of your personal split times.

Problems and Queries at Download

If you have a problem or query following your download, please go around the side of the tent to the next computer where your query will be dealt with.

Drinks

Water will be available at the end of the finish channel. Please remember to bring your Big 5 water bottle as no cups will be provided.

Retirement

If you do not complete your course, **YOU MUST REPORT TO THE FINISH!!!** Not doing so may result in an unnecessary search and rescue exercise.



Shadowing

Shadowing of young orienteers may only take place on the M12 and W12 courses. The young orienteer and shadower must not interfere or help other competitive orienteers on the course. Any help given to a competitor must be reported by the shadower at the finish and will result in the competitor being marked as non-competitive. If the shadower is also competing in a category, the shadower must first complete their race before shadowing the M/W12 orienteer.

Map Return

You may keep your competition map after finishing, except on Day 5 where the World Ranking Event participants start last (maps will be returned to you immediately after the last start). In the spirit of orienteering and fair play, do not show your map to any competitors who have yet to start.

Non-starters

Maps for non-starters can be collected at the registration desk the next day.

Results

Provisional results of each day for each class will be displayed on a TV at the event arena. Provisional results will also be available in the arena via a Wifi capable device (smart phone or tablet). Results will be uploaded to Facebook and <http://www.OriEnter.co.za/> as soon as possible after the end of each day.

Memento

Entrants of all 5 days will receive a commemorative memento at the finish on Day 5.

Prize Giving

Prize giving will take place at the end of Day 5 and will recognise those who finish 1st, 2nd and 3rd in each category in the overall results after five days. In the M12 and W12 categories, all competitors will receive a prize. Prizes will only be handed out to those present. There will also be lucky draw prizes. These will be drawn after the prize giving, with the lucky winners required to be present.

Protests

Protests should be made to the registration / info desk at the event arena up to 1 hour after the closing of the finish.

Big 5 O-Week Jury Members

Any 3 of the following persons:

- Ian Bratt (WRE Advisor)
- Garry Morrison (WRE Advisor)
- Bernd Wollenberg (GER)
- Liz Mulder (SUI)
- Michele Botha
- Jeremy Green
- Mark Vernon
- Ian Cooper (GBR)

Damage or Special Incidents

Please report any damage to property (e.g. fences), problems with wildlife, or other incidents to the registration / info desk at the event arena so that we can effect repairs, etc.



Delay / Postponement / Cancellation of Race

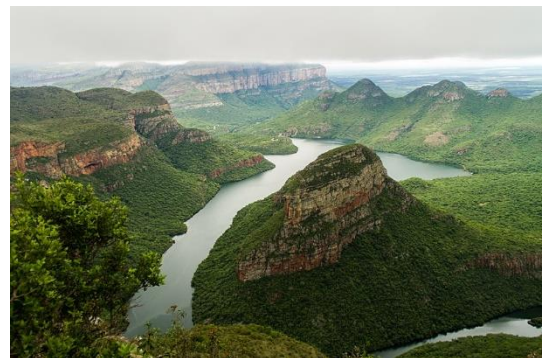
Please note that the organisers reserve the right to delay, postpone or cancel any of the race days due to logistical or safety issues. The cancellation of a race is an option of last resort and this worst-case scenario will only be enacted if there is notable danger to competitors. Where possible, we will prefer to delay start times until any situation has been corrected. We will try to communicate any event changes as soon as possible.

Insurance and Liability

All participants at the Big 5 O-week take part at their own risk. The organisers accept no liability. Participants are responsible for their own insurance, both medical and personal equipment. Foreign participants should ensure that their insurance is valid in South Africa. Please ensure that you have personal identification and insurance details on you for all hospital and doctor visits.

Tourism

Together with Cape Town and the South Coast, Mpumalanga is one of the premier tourism areas in South Africa. The Mpumalanga region hosts a vast array of landscape, cultural and natural attractions, including the southern part of the world famous Kruger National Park. The final event of the Big 5 is a mere 20 minute drive from the Kruger Park. We strongly recommend you make the Big 5 an 'Orienteering Holiday' and that you visit the numerous tourist sites in the region to make the most of it. Please see <https://www.graskop.co.za/> for many suggestions.



If you are planning a day trip to the Kruger National Park then we suggest that you pre-book on the SANParks website (www.sanparks.org) as only a certain number of day visitors are permitted to enter the park each day. If you pre-book you are guaranteed entry on that day. Accommodation within the park can also be booked on the SANParks website.



Thank you

The Big 5 organising committee would like to thank the following persons and organisations:

- Graskop Holiday Resorts, SAFCOL, York Timbers, and the Kruger Park Lodge for allowing us access to their areas for orienteering.
- Graskop Information Centre for arranging the registration venue.
- Blue Swallow Chalets for their sponsorship of accommodation for mapping.
- Grant Bosman for his knowledgeable assistance on all aspects related to Graskop.
- Sun Pharma for their sponsorship of Nudrate (oral electrolyte replacement) drink powder for all competitors.
- The South African Orienteering Federation for the funding of the map production.

Kravcento (Pty) Ltd



Graskop Holiday Resorts
"Wonders of Tourism & Nature"





Organisation

O' Committee: Michele Botha, Ian Bratt, Nicholas Mulder, Stephanie Mulder, Craig Ogilvie, Nico van Hoepen, Rona van Hoepen

Support: We need to thank the many persons who are also involved as volunteers in the organization of the Big 5, either as planners, controllers, start and finish, water point and parking officials as well as control collectors. The volunteers come from almost every South African orienteering club, including:

Peninsula Orienteering Club (PENOC)

Polokwane Orienteering Club (POC)

Rand Athletics Club Orienteers (RACO)

Rand Orienteering Club (ROC)

We would also like to thank our international volunteers.



Day 1 – Paradise Berg

General	Paradise Berg is located just outside the town of Graskop on the edge of the escarpment. The location is made famous as the summer camp used by ox wagon transporters as they sat out the hot summer months of the Lowveld in the book "Jock of the Bushveld".
Competition Type	Middle distance
Map	Paradise Berg (altitude 1405 – 1555m) Scale 1:7'500, 5m contours, size 30 x 21cm Surveyed by Nicholas Mulder (2019)
Course Planning	Nicholas Mulder
Assistant Planner	Jeremy Green
Controlling	Liz Mulder
Driving Directions	Head east along Louis Trichardt Ave (R532) in Graskop town. The entrance to the Graskop Holiday Resorts is at the end of this road.
Parking	Inside the Graskop Holiday Resorts
Event Arena	In front of the dam at the Graskop Holiday Resorts 24°55'51.6" S 30°50'49.2" E
Clothing and Bags	Can be left in the event arena at your own risk.
Terrain	Paradise Berg is a very large boulder field on gently sloping terrain. Dense vegetation is almost non-existent as short grassland predominates. The density of rocks and stony ground will determine running speed. Areas of the map will be extremely intricate and navigation very testing, particularly amongst some of the rock pillar formations. There are a few hiking trails crossing the area. The weather can be very variable and mist can reduce visibility to less than 50m.
Start	All categories use the same start location.
Start Interval	3 minutes
Maximum Time	150 minutes
Water Points	None
Toilets	Toilets are available at the Graskop Holiday Resorts.
Special Notes	The area has recently received heavy rains and there is a significant amount of sodden ground in the area. Some dry ditches and depressions are now filled with water. You may even get wet feet on the way to the start!
Parking – Arena	0 – 300m depending on arrival time.
Arena – Start	1000m uphill. Approx. 20 min walk.





Finish – Arena 0m – finish in the arena

Acknowledgement We wish to thank the Graskop Holiday Resorts for the kind use of the area.

Day 2 – Waterval North

General Day 2 takes place on the northern side of the Waterval map adjacent to the Waterval Spruit (stream) which flows over the Berlin Falls several kilometres below the map. The stream flows over flat bare rock giving a unique picturesque setting. This area is part of SAFCOL's Blyde plantation.

Competition Type Middle distance (WRE for elite courses)

Map **Waterval North** (altitude 1515 – 1640m)

Scale 1:10'000, 5m contours, size 30 x 21cm

Surveyed by Nicholas Mulder (2019)

Course Planning Nicholas Mulder

Controlling Michele Botha

WRE Advisor Ian Bratt

Driving Directions From the entrance of the Graskop Holiday Resorts, head north along the R532 towards God's Window and Blyderivierspoort. Travel along the R532 for 9.5 km. Approximately 900m after crossing the Heddle River, turn right on to the forest track. Follow the forest track along the edge of the forest to the parking and arena.

Parking In the field adjacent to the plantation.

Event Arena In the field adjacent to the plantation.

24°50'02.4" S 30°52'58.8" E

Clothing and Bags Can be left in the event arena.

Terrain The terrain is mature open pine forest plantation with very good runnability. Large areas of grassland and rocky outcrops are also present. There are numerous small sink holes in the forest and isolated mining trenches and caves in the rocky areas. Vegetation is negligible but some areas of grassland can have thick undergrowth (bracken/ferns).

Start All categories use the same start location.

Start Interval 3 minutes

Maximum Time 150 minutes

Water Points There are 2 water points in the terrain at track crossings, indicated with a cup symbol on the map.

Toilets Portable toilets at the assembly area near the car park.

Special Note There is one special symbol on the map: **X** Wood pile





There is very limited cell phone coverage in most of the area, including arena and car park.

Course 11 (M12, W12 and Open Short) have a marked route on the course. This is from the start flag to their first control. The route will be marked in the terrain with red and white chevron flagging tape. All other courses are please to ignore this tape.

- Warm Up Area** The grassland areas are out of bounds. Competitors can warm up on the dirt road they drove in on and the forest between the arena and the start.
- Parking – Arena** 100 – 200m depending on arrival time.
- Arena – Start** 400m walk through white forest to the start, a 7 min walk.
- Finish – Arena** 0m – finish in the arena
- Acknowledgement** We wish to thank SAFCOL for the kind use of the area.

Day 3 – Waterval South

- General** We return to the Waterval map, this time running in the southern section. Longer courses will have views towards God's Window, a popular tourist site on the escarpment.
- Competition Type** Long distance
- Map** **Waterval South** (altitude 1515 – 1640m)
Scale 1:10'000 (1:15'000 for M21E and W21E),
5m contours, 30 x 21cm
Surveyed by Nicholas Mulder (2019)
- Course Planning** Nicholas Mulder
- Assistant Planner** Mark Vernon
- Controlling** Stephanie Mulder
- Driving Directions** From the entrance of the Graskop Holiday Resorts, head north along the R532 towards God's Window and Blyderivierspoort. Travel along the R532 for 13 km. Just before you cross the Waterval Spruit (stream), turn right on to the forest track. Follow the orienteering signboards to the parking and arena.
- Parking** In the field adjacent to the plantation.
- Event Arena** In the field adjacent to the plantation.
24°50'02.4" S 30°52'58.8" E
- Clothing and Bags** Can be left in the event arena.
- Terrain** The terrain is similar to Day 2.
- Start** All categories use the same start location.
- Start Interval** 3 minutes





Maximum Time	180 minutes
Water Points	There are 5 water points in the terrain at track crossings, indicated with a cup symbol on the map.
Toilets	Portable toilets at the assembly area near the car park.
Special Notes	<p>There is one special symbol on the map: X Wood pile</p> <p>There is very limited cell phone coverage in most of the area, including arena and car park.</p> <p>Course 11 (M12, W12 and Open Short) have a multiple marked routes on the course. The route will be marked in the terrain with red and white chevron flagging tape. All other courses are please to ignore this tape.</p>
Warm Up Area	The grassland areas are out of bounds. Competitors can warm up on the dirt road they drove in on and the forest between the arena and the start.
Parking – Arena	100 – 200m depending on arrival time.
Arena – Start	400m walk through white forest to the start, a 7 min walk.
Finish – Arena	0m – finish in the arena
Acknowledgement	We wish to thank SAFCOL for the kind use of the area.

Day 4 – London Plantation

General	York Timbers' London Plantation is located in a hidden valley at the headwaters of the Treur River. The Treur and Blyde Rivers join downstream at the famous Bourke's Luck Potholes, another fascinating tourist site.
Competition Type	'Normal' distance (i.e. a shortened long distance)
Map	<p>London Plantation (altitude 1435 – 1640m)</p> <p>Scale 1:10'000, 5m contours, size 30 x 21cm</p> <p>Surveyed by Nicholas Mulder (2019)</p>
Course Planning	Nicholas Mulder
Assistant Planners	Rona van Hoepen and Margaret Archibald
Controlling	Nico van Hoepen
Driving Directions	From the entrance of the Graskop Holiday Resorts, head north along the R532 towards God's Window and Blyderivierspoort. Travel along the R532 for 20 km. Turn right towards the London forest station and workers village. Follow the orienteering signboards to the arena.
Parking	Alongside a forest track. Please follow the parking marshal's instructions and only park on one side of the track to allow forestry vehicles to pass.
Event Arena	<p>On the banks of the Treur River.</p> <p>24°47'13.2" S 30°52'44.4" E</p>





Clothing and Bags Can be left in the event arena.

Terrain The forest plantation is located in a valley bowl with steep slopes on three sides. Runnability is generally very good, but some compartments have recently been felled and brush cuttings remain on the ground, reducing runnability. There is also an open area with significant historical sand and gold mining works. Parts of the open area have notable bracken/ferns.

Start All categories use the same start location.

Start Interval 3 minutes

Maximum Time 180 minutes

Water Points There are 3 water points in the terrain, 2 at controls and 1 at a track crossing, indicated with a cup symbol on the map.

Toilets Portable toilets at the assembly area near the car park.

Special Notes Course 1 (M21E) will have a map flip. The first map with the first part of the course will be printed on one side. The second part of the course will be printed on the back, with a 2nd start triangle on the map located at the control where the map flip takes place.

There is no cell phone coverage in this area, including arena and car park.

The open area with historic sand and gold mining has a few dangerous pits. These have been marked with hazard tape where appropriate, but competitors are warned to exercise caution in this area.

Recent forestry felling work has taken place in sections of the map, making these areas very difficult to pass. Some of these felled sections have been marked as out of bounds on the map with purple overprint hatching.

Warm up area The forested areas around the arena are out of bounds. Competitors can warm up on the dirt track they drove in on and en route to the start.

Parking – Arena 100 – 500m depending on arrival time.

Arena – Start 750m walk along a forest track to the start. Approx. 12 mins walk.

Finish – Arena 0m – finish in the arena

Acknowledgement We wish to thank York Timbers for the kind use of the area.

Day 5 – Kruger Park Lodge

General The final day, a Sprint event, takes place at the Kruger Park Lodge in Hazyview. This is a technical urban area in a golf course resort with lots of buildings surrounding the golf course, interspersed with areas of thicker vegetation with some rock and water features.



Competition Type Sprint distance (WRE for elite courses)

Map **Kruger Park Lodge** (altitude 450 – 520m)

Scale 1:4'000, 2m contours, size 30 x 21cm

(Map drawn to ISSprOM 2019 specification)

Surveyed by Ian Bratt (2019)

Course Planning Nicholas Mulder

Controlling Ian Bratt

WRE Advisor Garry Morrison

Driving Directions From Graskop, take the R533 south past the Graskop Gorge Lift Compnay. After 11km turn right to Hazyview on the R535. After a further 25km, at the T-junction, turn right onto the R40. After 2km turn left at the traffic lights onto the R536. Proceed straight at another intersection and the entrance to the Kruger Park Lodge will be 300m on your left. Total distance is 40 km so allow 40 minutes driving time.

Parking In the car park just inside the main entrance gate next to the pub. There is very limited parking so please park as directed. High capacity vehicles (6+ persons) may proceed to park inside the resort near reception.

Event Arena In the area of scattered trees adjoining the main building complex.

25°01'44.4" S 31°08'02.4" E

Clothing and Bags Can be left in the event arena at your own risk.

Terrain The terrain is a complex golf course and urban area, with some sections of indigenous thorny bush. There are several different types of terrain including the golf course, regularly cultivated gardens, streets, as well as some rocky hills and indigenous bush. Altitude is low at 450-520 metres.

Start All categories use the same start location.

Start Interval 2 minutes (1 minute for elite courses)

Maximum Time 90 minutes

Toilets There are toilets in the main building complex adjacent to the arena.

Special Notes There will be no golfers in the area during the event however please take care when crossing roads and respect the residents and other users of the area.






There are numerous man-made objects shown on the map.

X Statue or children's playground equipment

O Small fenced braai (barbeque) enclosure

 Uncrossable stream (blue line with black borders)

There are numerous three-strand cable fences in the passageways between the houses. These fences are of such short length that they are usually not shown on the map. These fences are easily crossable by going either over or around.



Out of Bounds

All Golf course greens and bunkers are out of bounds.

Flower beds and other cultivated garden plants are forbidden to cross (marked in olive green on the map). Crossing these will lead to disqualification. Additionally, uncrossable walls and fences (thicker black line) are also forbidden to cross as per IOF Sprint rules and will lead to disqualification.

Warm up area

A small area with a warm-up map is available just to the west of the reception area. The map extract will be in your registration pack.

Parking – Arena

1200m (approx. 20 mins walk).

Arena – Start

350m gentle uphill along a paved road, approx. 5 mins walk. Please mind the cars on the road.

Finish – Arena

0m – finish in the arena

Restaurant

There is a restaurant and bar adjacent to the arena where you can obtain drinks, light refreshments and more substantial meals.

Prize Giving

Prize Giving for the 5 day event will take place as soon as results have been calculated for the M21E and W21E categories, who start last.

Unless you are making use of the restaurant facilities, please leave the Kruger Park Lodge no later than 13:00 to allow for incoming guests.

Acknowledgement

We wish to thank the Kruger Park Lodge and Legacy Hotels for the kind use of the area.



Course Lengths

Distance, climb and number of controls per category, per day. Small changes are possible.

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Paradise Berg			Waterval North			Waterval South			London Plantation			Kruger Park Lodge		
Course	km	m	C	km	m	C	km	m	C	km	m	C	km	m	C
Course 1: - M21E	7.0	120	24	5.9	95	19	11.7	250	31	9.0	370	32	3.6	80	25
Course 2: - W21E	6.0	85	20	4.8	80	18	8.9	190	24	7.1	255	23	3.3	56	23
Course 3: - M35 - M40 - M45	5.5	80	18	4.5	80	16	8.2	175	24	6.9	245	22	3.1	58	22
Course 4: - M20 - M21L - M50 - W35	5.0	80	17	4.1	70	14	7.1	120	22	6.1	200	22	2.8	56	20
Course 5: - M55 - Open Long - W21L - W40 - W45	4.6	75	17	3.8	45	14	6.6	115	21	5.8	185	20	2.6	52	21
Course 6: - M60 - M65 - W20 - W50 - W55	4.2	70	16	3.7	45	15	6.0	100	18	4.9	125	17	2.5	50	21
Course 7: - M16 - M21S	3.9	50	16	3.3	35	12	4.5	60	15	4.5	95	15	2.5	36	22
Course 8: - Open Medium - W16 - W21S	3.7	50	16	3.1	35	11	4.3	60	15	4.3	90	15	2.3	32	20
Course 9: - M70 - W60 - W65	3.6	55	15	3.3	35	11	4.2	75	14	4.2	95	18	2.3	44	20
Course 10: - M75 - M80 - W70 - W75	3.3	45	14	3.3	40	12	3.9	55	13	3.7	70	15	2.2	42	19
Course 11: - M12 - Open Short - W12	2.9	20	13	2.8	30	10	2.8	30	12	2.8	55	10	1.7	20	13

